



# Caregiver Corner

City of Alexandria  
Division of Aging and Adult Services

*Doctors diagnose, nurses heal, and caregivers make sense of it all. ~ Brent H. Lewis*

## Caregiver Tip: Communication Strategies When Dealing With A Loved One Who Has Dementia

Memory loss due to dementia presents many challenges for both caregivers and people with dementia. Try these tips to ease difficult situations and improve communication.

1. Use simple words
2. Maintain eye contact
3. Ask one question at a time
4. Approach your loved one from the front
5. Be patient. Do not rush your loved one. Remember your loved one is dealing with confusion.
6. Use humor when possible

**Caregiver Support Group**  
**Wednesday,**  
**March 7, 2018**  
**4-5:30 p.m. at the**  
**Alexandria Adult Day**  
**Services Center**

Read all the [Communication Tips When Interacting With Dementia Patients from alzbrain.org](http://alzbrain.org).

## Resources:

**Support Group Offered Online:** Google Hangout is a video support group from the Alzheimer's Association for those managing caregiving while raising families and working. For more information call 800-272-3900 or email [infocnfl@alz.org](mailto:infocnfl@alz.org).

**Nursing Home Search:** Nursing Home Compare from Medicare.org has detailed information about every Medicare and Medicaid certified nursing home in the country. Information include ratings on health inspections, staffing, and quality of resident care.

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